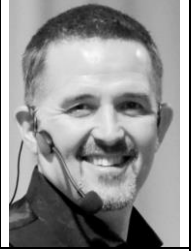


Train swing

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Type of dance: 32 counts, 4 walls, beginner
 Music: **Love please** by Billy Swan. 143 bpm. Track length: 2.49. From the album 'Greatest Hits'. Buy on iTunes etc
 Intro: 16 counts from beginning of track. App. 7 secs. into track. Start with weight on L foot
 OBS!!! NO TAGS – NO RESTARTS!

Counts	Footwork	End facing
1 – 8	R side rock, R cross shuffle, box ½ R, L chassé	
1 – 2	Rock R to R side (1), recover onto L (2)	12:00
3&4	Cross R over L (3), step L to L side (&), cross R over L (4)	12:00
5 – 6	Turn ¼ R stepping back on L (5), turn ¼ R stepping FORWARD on R (6)	6:00
7&8	Step L to L side (7), step R next to L (&), step L to L side (8)	6:00
9 – 16	R back rock, R kick ball cross X 2, R side rock ¼ L	
1 – 2	Rock back on R (1), recover onto L (2)	6:00
3&4	Kick R fwd (3), step R next to L (&), cross L slightly over R (4)	6:00
5&6	Kick R fwd (5), step R next to L (&), cross L slightly over R (6)	6:00
7 – 8	Rock R to R side (7), turn ¼ L when recovering onto L (8)	3:00
17 – 24	Cross point, cross point, R jazz box, cross	
1 – 4	Cross R over L (1) point L to L side (2), cross L over R (3), point R to R side (4)	3:00
5 – 8	Cross R over L (5), step back on L (6), step R to R side (7), cross L over R (8)	3:00
25 – 32	R step diagonal, together, heel bounces X 2, repeat to L diagonal	
1 – 2	Step R into R diagonal (body stays facing 3:00) (1), step L next to R (2) ... <i>Fun styling: swing both hands backwards brushing hips (1), swing both hands forwards brushing hips (2)</i>	3:00
&3&4	Lift both heels off the floor (&), push heels into floor and clap hands (3), repeat heel bounces and clap hands (&4)	3:00
5 – 6	Step L into L diagonal (body stays facing 3:00) (5), step R next to L (6) ... <i>Fun styling: swing both hands backwards brushing hips (5), swing both hands forwards brushing hips (6)</i>	3:00
&7&8	Lift both heels off the floor (&), push heels into floor and clap hands (7), repeat heel bounces and clap hands (&8)	3:00
Start Again!		
Ending	When doing wall 12 you automatically finish counts 25 - 32 facing 12:00 😊	12:00